

**BELLY BUTTON
TORTELLINI SOUP**
SOUNDS CUTE, TASTES
EVEN BETTER {page 12}



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NEIGHBOUR**
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PREPARING FOR
FINAL TOUR?**
GLEE MAY JOIN {page 10}



VANCOUVER

metro 

Tuesday, February 1, 2011
www.metronews.ca



News worth sharing.

DARRYL DYCK/THE CANADIAN PRESS



► Sled dogs rest after returning from a tour run by Whistler Outdoor Adventures in the Soo Valley, north of Whistler, yesterday.

Report of dog cull horrifies

► Employee alleges post-traumatic stress disorder after being forced to kill 100 sled dogs in April
► Deaths said to be result of floundering post-Olympic business ► SPCA considering criminal charges

The B.C. SPCA is calling the alleged execution of 100 sled dogs in Whistler one of the "most sickening things" it has ever come across.

A Criminal Code investigation is underway after the SPCA learned through a CK-NW report Friday that 100 dogs at Howling Dog Tours Whistler, owned and run by Outdoor Adventures Whistler since May, were allegedly killed in April 2010, after sled-tour bookings plummeted in the wake of the 2010 Winter Olympics.

The source of the shocking revelation comes from an employee of the company, who filed a report with WorkSafe B.C. for post-traumatic stress disorder after having to shoot the dogs.

"It's a horrible, horrible case," said SPCA spokesperson Lorie Chortyk. "The description in the WorkSafe report is one of the most sickening things I've ever read."

Chortyk says the incident occurred after a veterinarian refused to put down the perfectly healthy sled dogs.

According to the documents provided by CKNW, the scene was "a nightmare" as dogs were shot in plain view of each other over two days. The chaos and panic meant it took multiple shots to kill some of the dogs, and others needed to have their throats slit.

They were then dumped into mass graves, according to the SPCA.

"It's not illegal to kill your own animals, but it has to be done in a humane way," said Chortyk. "Based on the circumstances described in the document, this was far, far from being humane."

Metro contacted Outdoor Adventures Whistler through phone and email but was unable to reach the company for comment.

● MATT KIELTYKA



For a full version of this story, visit metronews.ca. Warning: Contains content that may be disturbing to some readers.

Egypt's army vows restraint

Protesters aim for a million strong on the streets {page 4}

Now you're learning

What's happening at a school near you, and more {pages 19-23}

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Vancouver Egyptians plan vigil for tonight

Members of Vancouver's Egyptian Canadian Cultural Society are holding a vigil tonight to honour those killed in the ongoing Egyptian uprising.

The event is also a pro-democracy rally, paying tribute to those fighting to end decades of oppression under President Hosni Mubarak.

The vigil will be held on the Hornby Street side of the Vancouver Art Gallery, beginning at 5 p.m.

● NATALIE KAUR JOHAL



► Protesters gather Saturday outside the Vancouver Public Library.

Recall campaign eyes Lake

A petition will be issued to recall former Kamloops mayor Terry Lake as the MLA for Kamloops-North Thompson, B.C.'s acting chief electoral officer announced yesterday.

Craig James will issue the petition to recall Lake on Thursday, giving canvassers 60 days to collect 15,299 signatories, or 40 per cent of the riding's voters.

Meanwhile, Fight HST organizers suggested yesterday that recall efforts against Victoria-Oak Bay MLA Ida Chong would fall short of the number of signatures needed by Friday's deadline. ● METRO



► Vancouver Const. Gordon Schmidke writes a ticket for a truck driver who had been talking on his cellphone while driving on East 41st Avenue a year ago.

Drivers still distracted

► Motorists face \$137 fine if caught driving while talking on a phone without a hands-free device

NATALIE KAUR JOHAL
VANCOUVER@METRONEWS.CA

Police issued 32,000 tickets in the first year since the distracted driving law was introduced, many for cellphone-related violations.

A recent British Columbia Automobile Association survey revealed that many people believe po-

lice have eased off on enforcing the law.

But police said this is not the case and will continue to crack down on distracted driving this month, as part of an enforcement and awareness campaign.

During the campaign, RCMP will be on the lookout for texting, talking on hand-held cellphones, ap-

plying makeup, or reading the newspaper while driving — all common behaviour, according to police.

RCMP statistics suggest distracted driving continues to be an acute problem in the Lower Mainland, despite the fact the BCAA survey showed people feel safer as a result of the law.

Road risks

Forty-eight per cent of all Lower Mainland collision fatalities in RCMP areas in 2010 were related to distracted driving.

► Drivers caught texting or emailing may receive three driver penalty points in addition to the \$137 fine.

1

news


Restive electorate and gaffes leave GOP presidential field wide open. Scan code for story.

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3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

While 'easy money' is gone, Allan Small says it's not too late to get into the stock market. More at metronews.ca/investing

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Egypt's military vows not to fire on protesters

► For days, army tanks and troops have kept protests confined but done nothing to stop people from joining

Egypt's military pledged not to fire on protesters in a sign that army support for President Hosni Mubarak may be unraveling on the eve of a major escalation — a push for a million people to take to the streets today to demand the authoritarian leader's ouster.

More than 10,000 people beat drums, played music and chanted slogans in Tahrir Square, which has become ground

zero of a week of protests demanding an end to Mubarak's three decades in power.

With the organizers calling for a "march of a million people," the vibe in the sprawling plaza was of an intensifying feeling that the uprising was nearing a decisive point.

"He only needs a push!" was one of the most frequent chants, and a leaflet circulated by some protesters said it was time for

the military to choose between Mubarak and the people.

The latest gesture by Mubarak aimed at defusing the crisis fell flat.

His top ally, the United States, rejected his announcement of a new government yesterday that dropped his highly unpopular interior minister, who heads police forces and has been widely denounced by the protesters. **THE ASSOCIATED PRESS**



► Prince William and Kate Middleton pose in St. James' Palace on Nov. 25 in London.

ROYAL VISIT TO CANADA?

A British tabloid is reporting that Prince William and Kate Middleton will visit Canada this summer.

The Sun reports that the future heir to the British throne and his bride will arrive in July, three months after their scheduled April 29 wedding.

THE CANADIAN PRESS

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LOVE THY NEIGHBOUR ... IF THEY'RE QUIET

She says ...

**JESSICA
NAPIER**



I love living in the city. Unfortunately, so does everyone else.

With so many people desperate to live in the downtown, and only so much square footage to go around, the default option for most 20-something renters — who are at the midpoint between a grimy student house and a starter home they can't afford — is an apartment.

While units will vary in size and quality, most high-rise residences are essentially the same: Shrunken appliances; paper-thin walls; and hundreds of inhabitants that will inevitably irritate one another to the point of relocation.

Living in such close proximity

to one another makes it very easy to find cause for complaint. Loud animals, crying children, smokers, bedbug carriers, couples who have screaming matches into the wee hours of the night or, even worse, couples who enjoy loud bedroom gymnastics in the early hours of the morning.

In a building full of strange strangers, neighbourly love is almost non-existent. No one makes eye contact in the elevator and no one has ever knocked on my door for a cup of sugar. And do you know what, I have plenty of sugar people! The only thing my neighbours take from me is Wi-Fi access and my Saturday

morning newspaper.

Yes, that's right, every weekend a man down the hall steals my newspaper. I have no way to prove it's him but I know it to be true. He is the Newman to my Jerry.

In addition to the newspaper bandit there's a high-heeled party girl upstairs who runs laps around her living room, a drill-wielding handyman across the hall, and a tone deaf boy-next-door who plays bass guitar until 2 a.m.

Every address has a similar cast of charming characters who make communal living interesting — and not in a good way.

Of course, not all neighbours

are rude. Maybe yours are great and you have dinner parties and play charades and lend each other baking supplies all of the time. But more often than not, the neighbours you remember are the inconsiderate individuals who steal your parking spot and toss cigarette butts on your balcony.

In the end, it doesn't really matter whether you love or loathe thy neighbour, because there's not a whole lot you can do about it. You don't have to share a love of late-night movie marathons but you do have to share a postal code. So, in the name of harmonious living, turn the volume down.

"In a building full of strange strangers, neighbourly love is almost non-existent."



Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADLER



lol with Twitter feeds

Letters & Tweets

We asked: What is the funniest Twitter feed you follow?

@rhansen: Funniest Twitter feed in Vancouver has to be @lukeinvan.
@mojann: Funniest #Canucks/sports twitter feed: @HeadtotheNet — Humorous twist on sports news/updates.

@arams11: funniest tweets are from @charliemcdowell who tweets about the 2 girls that live above him. Hilarious!
@stickchick2010: Gotta be tweets from @biznasty2point0 (Paul Bissonnette — NHL player — Phoenix Coyotes) They truly make me LOL!
@brownwynmaye: I think these ones take the cake:

Funny followers



@Lord_Voldemort7,
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@Queen_UK @alqaeda,
@TFLN.
@anderson7: follow @thesulk. the most consistent funnyman on twitter. he always seems to tweet when you need a laugh to survive the day.
@brightwhite: Not sure if you can print it, but my god @fireland is hilarious.

@quadsom1:
@smartphoned. Hilarious autocorrects!
@jme33: follow comedian @walkinsauce for her honesty and @tfln because nothing good comes in a text after 12 a.m.
@concretefluff: Funniest feeds for me are @birdmurderer and @gutsmtavish24.

Who is today's most overrated band or singer?

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Metro Minute at public salon series

The Global Civic Policy Society presents a public salon tonight, hosted by former Vancouver mayor Sam Sullivan. Nine prominent community leaders will be speaking for seven minutes each on ideas that they think you should know about. Speakers include classical pianist Jane Coop, SFU president Andrew Petter, music and yo-

ga entrepreneur Terry McBride, and Sapna Dayal, executive director of imagine1day. Audiences should be inspired by the speakers, their ideas and experiences. The event starts at 7:30 p.m. at the Vancouver Playhouse Theatre on Hamilton Street and tickets are \$12 to \$20. Visit globalcivic.org for more info. ● **SUNHO CHOI**



► Sapna Dayal, executive director of imagine1day, is among the speakers at Sam Sullivan's Public Salon.

Slow track to recovery

► Central bank interest rates remain unchanged since last September ► Economists expect governor Mark Carney to stay on the sidelines in March

After a disappointing third quarter, the Canadian economy expanded at the fastest pace in eight months in November, recording a better-than-expected 0.4 per cent gain.

The increase was one tick higher than economists had expected and suggests recovery is back on track, if a bit slow.

Statistics Canada said the gain was based on a strong month for oil-and-gas extraction, as well as wholesale and retail trade, real estate, and the finance and insurance sector.

"The Canadian economy looks to have ended 2010 on an upswing," said Douglas Porter, deputy

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chief economist with BMO Capital Markets.

There were, however, familiar soft spots like the battered manufacturing sector, coping with a strong loonie and weak world markets. The agency said part of the decline reflected temporary plant shutdowns in the motor vehicle assembly industry and shift reductions in the motor vehicle parts industry.

Scotiabank economists said while the monthly gross domestic product performance was encouraging, it doesn't change the overall outlook for Canada. It will take a big advance in December for a strong fourth quarter wrap-up of 2010.

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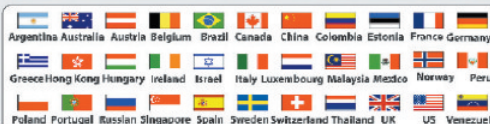
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Cult classics on the big screen

- Metro, SPACE and Cineplex have teamed up to present the Great Digital Film Festival, starting this Friday and running through Feb. 10
- We asked InnerSPACE host Teddy Wilson to give us the inside scoop on some of the films being screened

The details:

- For more information on the Great Digital Film Festival, visit: Cineplex.com/events
- Catch InnerSPACE every Monday through Thursday at 11 p.m. ET on SPACE



Alien screening:

Join Metro at the Scotiabank Theatre in Vancouver this Friday at 6:30 p.m.

- Metro will be presenting the movie *Alien* and giving away prizes, so brush up on your *Alien* trivia!
- Get the Metro Green Carpet treatment, where the first 200 movie-goers will receive free pop and popcorn, courtesy of Metro.
- You could win free Metro swag and get a chance to win some fantastic movie-lovers prize packs.



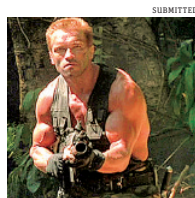
Back to the Future

Responsible for introducing "gigawatts" into the teenage lexicon, making DeLoreans cool and explaining the genesis of Chuck Berry's guitar sound, *Back To The Future* is easily the most fun time-travel film ever made. Interestingly, Eric Stoltz was originally cast as Marty McFly and actually shot several scenes before director Robert Zemeckis replaced him with Michael J. Fox.



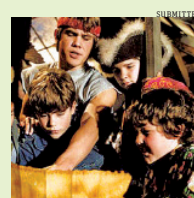
The Lord of the Rings Trilogy

With Peter Jackson at the helm, J.R.R. Tolkien's literary odyssey became an engrossing cinematic treat. And as the trilogy's record 17 Oscars and \$3 billion in box-office sales proved, it is indeed possible to satisfy fans of the book(s), the general masses and the critics.



Predator

Holding the weird distinction of starring two future U.S. governors (Arnold Schwarzenegger and Jesse Ventura) and one gubernatorial hopeful (Sonny Landham), the film's titular alien antagonist proved far more menacing than any political attack ad or scandal. With visual effects by the late (and very great) Stan Winston, *Predator* remains a sci-fi horror classic.



The Goonies

"Goonies never say die!" This Steven Spielberg-produced hit not only led to record sales of Baby Ruth chocolate bars but, more importantly, struck a balance between adventurous fun and moments of heartfelt poignancy. Characters like Mikey, Data, Mouth, Chunk and, of course, Sloth are indelibly etched in the minds of anyone who came-of-age in the '80s.

Hobbit on hold



Lord of the Rings director Sir Peter Jackson is in stable condition in the intensive care unit of Wellington Hospital in New Zealand after surgery for a perforated ulcer.

Publicist Melissa Booth said yesterday that Jackson was "doing well" but would be in the hospital for at least a few more days. She said doctors expect Jackson to make a full recovery.

Jackson was admitted to Wellington Hospital last Wednesday after complaining of acute stomach pains.

His illness has delayed the start of filming of *The Hobbit*, the two-part prequel to his Academy Award-winning *Lord of the Rings* trilogy.

Production of *The Hobbit* had previously been troubled by financial issues and the departure of its initial director Guillermo del Toro.

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Producer of 9/11 conspiracy film
Loose Change arrested on drug charge in upstate New York



Arquette out of rehab

David Arquette has checked himself out of rehab after a month addressing "alcohol and other issues," according to People magazine.

"He has completed his treatment and has left," his rep tells the magazine, adding that Arquette is "in great spirits. He's feeling good and he's ready to move forward."

Though he and wife Courteney Cox are currently separated, she has supported him through his stay in rehab. **METRO**

Celebrity tweets



Neil Patrick Harris
[@ActualNPH] The

tots both started laughing. On the same day. I'm now obsessed with getting them to do it. Babies laughing is like opium.



Sarah Silverman
[@SarahKSilverman] Wish I

was more unique but alas I'm deeply consoled by a scoop of vanilla



Ben Stiller

[@RedHourBen] Heading to work 4:30pm



Joel McHale
[@joelmchale] Believe me I'm more

shocked than you. To know that I'm related to Oprah & find out I'm a woman. It's almost too much. **METRO**

Madonna preparing for her final tour?

Some big-name guests could make appearances

Madonna is planning another tour, and it may be her last, according to News of the World, so she's looking into pulling in some special guests.

The singer is reportedly looking into having Glee stars Lea Michele and Cory

Monteith appear in some manner on tour with her.

"Madonna wants to break records and make her career bigger than ever," a source says.

"And because the Glee episode featuring her music was such a hit, there

are plans for the cast to appear. She is in amazing shape for her age, but this could be her last big world tour she does for a while as she wants to concentrate on business ventures."

METRO

DIMITRIOS KAMBOURIS/GETTY IMAGES

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► Madonna

Public needs to stop rewarding Charlie for behaviour: Friend

While he checked himself into rehab over the weekend, how seriously Charlie Sheen takes getting treatment will reportedly depend on how well his hit sitcom Two and a Half Men does, according to Popeater.

"If the ratings go through the roof again, as they did after Charlie's in-

cident in New York, CBS and Charlie will be out again in no time and back to his old ways," a friend of the actor says.

"However, if the public finally stops rewarding Charlie for his bad behaviour, then, and only then, can you expect him to take the situation seriously." **METRO**



► Charlie Sheen

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3 weeks to better you

► These small ideas have a big cumulative effect ► Each is doable during your lunch break
► Start by learning, and crossing off some cultural to-dos and then branch out

• METRO WORLD NEWS

WEEK 1: EDUCATE YOURSELF

LEARN MORE

Next time someone mentions something you wish you knew more about (The Bible, Che Guevara, how to make homemade cocaine), take note. Then today, go to Wikipedia and read the entry for it. If you're still interested, check the bibliography and buy one of the books listed to learn more.



SPELLING

There's a word you misspell all the time (there's definitely no "a" in "definitely," for example). Develop a trick to help you remember it correctly once and for all.



TRANSLATE

Using Google Translator, learn how to say one useful phrase in four languages you don't know, from countries you've always wanted to visit. To će biti korisno jedan dan u Hrvatska (this will come in handy one day in Croatia).

WEEK 2: FEEL BETTER



FIND GOOD PEOPLE

Find someone who always seems positive and ask them how they remain that way. Use their tricks. And remember their face when you feel yourself spiraling into negativity.



DECISIONS

Ask three intimate friends to appraise your mental and physical state, remembering to remain mature enough to not take the responses personally. Then ask them for constructive advice to help you improve what's lacking. Do the same for them.



ASSESS YOURSELF

Focus on a physical weakness — your weight, inflexibility, acne, whatever — and find a trusted exercise book that deals with the issue. Any book that espouses responsible exercise can only help your overall well-being.

WEEK 3: UNPLUG

FACEBOOK

Don't check your Facebook feed for one day, setting your account to alert you when you get private messages (those are allowed).



CULL THE HERD

Log on to Facebook and read the previous day's updates—the ones you missed. "Hide" the friends who say things that you're not interested in. Then consider whether you need to check the feed every day.

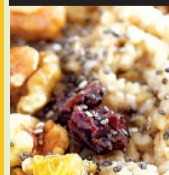


READ

Remember all those books, songs and movies you discovered in week one? Post something to your Facebook feed sharing info about them. Consider sharing only interesting things from now on.

3 life

Superfood: Oats



The Dukan diet plan recommends three spoonfuls of porridge oats a day (with water or skimmed milk). They're a great source of protein (obviously) as well as zinc, calcium, magnesium and iron. Their high soluble fibre content is important during phase 1 of the diet where some can experience digestive side effects from all the protein.

• ROMINA MCGUINNESS



Health Canada issues voluntary recall of weight loss, body-building product

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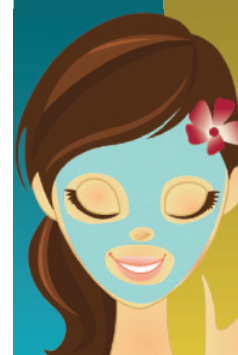
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Ring in the Year of the Rabbit with good food

► Celebrate by sampling Lin Chinese Cuisine's Juicy Pork Dumplings

LUNCH RUSH

ERIN IRELAND
FOOD@METRONews.CA

Recent New Year's Eve festivities spent surrounded by an assembly of guilty pleasures, laid out

picnic style at a Seattle hotel, upheld my belief that a good feast is truly the foundation of any memorable celebration.

With the Chinese New Year ushering its way in this Thursday, you should plan a shindig at the Shanghainese restaurant known for serving the world's best Juicy Pork

Dumplings (\$4.99), as stated by Conde Nast Traveler writer, Mark Schatzker.

The praised paper-thin pouches, filled with a broth-immersed ground pork meatball, truly are remarkable in appearance and taste.

At first bite, their liquid explosions — akin to champagne cork 'pops' — may surprise you. The warmth and doughiness of

the steamed buns, served with a gingery Chinkiang vinegar for dipping, earn them an easy diagnosis of Asian comfort food, and of course, perfect delicacy for ringing in the Year of the Rabbit.

Lin Chinese Cuisine
1537 West Broadway
604-733-9696
linchinese.ca
Rating: 4 out of 5



► Juicy Pork Dumplings (Xiao Long Bao).

Belly Button Tortellini Soup



Yields 4
Prep time:
5 minutes
Cooking:
15 minutes

► For an alternative, try adding spinach and red pepper.



EMILY RICHARDS
FOOD@METRONews.CA

Preparation:

- 1 In a pot, boil salted water. Toss in tortellini and cook for 8 minutes or until floating to the top. Drain; set aside.
- 2 Meanwhile, in a saucepan, bring stock and parsley to a boil. Stir in the tortellini, simmer 5 minutes.
- 3 Serve soup in deep soup bowls sprinkled with Parmesan.

My grandmother makes this soup with home-made stock.

We used to, and still call it "belly button" soup because of the shape of the tortellini. This is a big favourite for small and big kids, alike.

Ingredients:

- 1 lb (500 g) meat or cheese tortellini
- 8 cups (2 L) chicken or vegetable stock
- 2 tbsp (25 mL) chopped fresh Italian parsley or basil
- 1/4 cup (50 mL) grated Parmesan cheese

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOK BOOK AUTHOR AND TV CELEBRITY CHIEF ON CANADIAN LIVING COOKS. FOR MORE ABOUT EMILY AND HER RECIPES, VISIT EMILYRICHARDSCOOK.CA

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sp: metro ski Photo provided by Cypress Mountain

Getting back on resolution track

► Don't despair if you haven't seen the progress you wanted since making your New Year's Resolution ► Here's how you can get back in form

CELIA MILNE
LIFE@METRONews.CA

Did you make a New Year's resolution? To lose weight? To exercise more?

The fact that you declared your resolution will help you keep it. Don't despair if a month later you've seen little progress. "Think of resolutions as marathons, not 100-yard dashes. Prepare for the long haul of a changed

lifestyle," says John Norcross (PhD), a professor of psychology at the University of Scranton, Ohio, and coauthor of the book *Changing for Good*.

According to Dr. Norcross' research, about half of us make resolutions.

Most resolutions are about self-improvement changes such as losing weight, starting to exercise, quitting smoking or drinking less alcohol.

Believe it or not, studies

show that 40 per cent to 46 per cent of New Year's resolvers will be successful at six months.

In fact, if you make a New Year's resolution, you are 10 times more likely to change compared to those who have the same goals and motivation to change, but didn't use the annual changeover to make a resolution.

It's OK to fall of the rails once in a while.

"Most successful re-

solvers slip in January," says Norcross. "Don't let one missed exercise class end the exercise program."

One research study found that 71 per cent of successful resolvers said their first slip had actually strengthened their efforts.

He suggests preparing for slumps in February by creating a "slip plan" to deal with those situations.

Slips can be associated with negative emotions and social pressures.

Zap Zits

The Pimple Healer (Mario Badescu) dries out pimples overnight and helps prevent breakouts.

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TUESDAY, FEBRUARY 1, 2011

13

HELLO CAN GO A LONG WAY

Names: Jamie, 25 and Robert, 26

Current city: Dartmouth, N.S.

Together since: 2002

Their story:



Jamie and Robert

It was a winter in Montreal and my brother and I (Jamie) wanted to test out a snow hill near our home. When this guy (Robert) came by, my

brother thought it would be funny to toss an iceball at him.

Robert got mad and was about to beat up my brother.

I intervened and cooled things down.

We went our separate ways, but it turned out that Robert and I lived directly across the street

from one another.

Every now and again I saw him waiting at the bus stop and said, "Hi." College came around and we ended up going to the same school.

He recognized me in

the hall one day as (and I quote) "that crazy girl who says hi to me all the time" and he finally said "hi" back!

We started taking the bus home together, and soon started dating.

We married in 2008, have lived in Nova Scotia for three years, and we couldn't be happier.

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Smug Marrieds

ANGELA PACIENZA & DEREK CHEZZI

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My wife and I are looking to buy our first house. She's very close with her family and insists we find a place in the same neighbourhood as her parents. The prospect frightens me to my very core. How do I tell her no way?

Angela says ...

Getting in between family is one of the toughest tests to a relationship.

And this is one of those cases where compromise will be the only solution. If you move her too far from her family, she'll resent you and, once you have kids, rub it in your face every time you need a babysitter.

Move too close and you'll feel your identity as an independent couple squashed like that spider

that set up shop at my back door last summer.

Can you agree on a home several blocks away?

So instead of a five-minute drive, you'll have a 20- or 30-minute buffer.

Derek says...

If she's not willing to cut that umbilical cord, you might be stuck.

There is only so much prodding you can do before you enter the relationship danger zone.

But chin up; there are some hidden benefits to living near family — think easy child-care, free dinners — that can free up your personal time.

This might be your golden opportunity to take up golf.



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TUESDAY, FEBRUARY 1, 2011

Post-job jitters?

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



It's official. We're anxious ... about retirement. Even those with decades left before starting to grow roses are fretting that they're not saving enough.

A recent TD Waterhouse survey shows that 67 per cent of Canadians over age 45 are worried they're not on financial track for retirement. Only 15 per cent were content with their retirement preparations.

So what's a retirement nail biter to do? First thing is to analyze your own situation. Financial planners commonly throw out 70 per cent of pre-retirement income as the amount people need after leaving the workplace.

That number is a one-size-fits-all approach. A high income earning couple might easily get by with 50 per cent or less. Similarly, someone living a frugal lifestyle outside the urban core could also be quite happy with half of what they previously earned.

4.5%

Amount of personal income saved by Canadians in 2010

2005 - 1.5 %
1982 - 20 %



Your housing situation, hobbies, cost of living and willingness to work part-time post-retirement will have a huge impact on how much you will need. And downsizing, especially in expensive cities such as Vancouver and Toronto, to smaller abodes or to cheaper communities can free up large amounts of equity to bolster retirement savings.

Empty nesters who don't want to downsize or move might increase post-retirement cash flow by renting a room to a student during the academic year. Many retirees can also improve their balance sheet by shifting to a single car and cell phone.

There is another variable that could have an enormous impact on your

post-retirement income needs — how your tastes may change.

My father and mother-in-law moved from a waterfront home in Victoria to a double wide mobile home in a 55-Plus community outside Sidney, B.C. They loved it.

In short, there are many ways to look at retirement so don't be panicked by any magic number or percentage. Do these four things and you'll probably be okay:

1. Contribute as much as you can to your RRSP or other savings accounts.
2. Save monthly and make it a habit.
3. Invest the money conservatively.
4. Aim to be debt free upon retirement.



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Fun and Frugal

LESLEY SCORGIE

MONEY@METRONEWS.CA



DATING ON A DIME

Does Dating put you into over-draft? Taking on debt for wining and dining isn't frugal. There are plenty of inexpensive dating activities that won't cramp your style or your wallet.

Meet your date at a local coffee house and kick back for a few hours in a casual atmosphere (less than \$10). Or, grab coffee

to-go and walk around the neighbourhood. Share stories and enjoy the chit-chat.

Get active and walk, run, bike, rollerblade, work-out or toboggan. Head to a park, go for a swim, or spice up a game of tennis with competition — the loser buys the next glass of vino (less than \$20). Take advantage of free outdoor

festivals and plays.

Rent old movies or see a flick in the cheap theaters (less than \$20). Get to know each other's friends by hosting games night — charades, board games and appetizers (less than \$30). Check out art exhibit openings or book launches. Tickets are often free or priced relatively inexpensive (less than \$40).

Skip restaurants and turn a weekly grocery trip into a farmer's market adventure. Pick up fresh ingredients for a home cooked meal which you can make together. Cooking is romantic, fun, and easy — download free recipes from the Internet and follow along.

Always remember; the point of a date is to spend time with someone special; not bust your budget.

Save early, save often to boost RRSP

- It's in your best interest — literally, financial planners say
- A small sum invested monthly can outgrow a lump sum once a year

It's RRSP crunch time — that time of year when you search the nooks and crannies of your finances for the money you need to make your annual contribution to your registered retirement savings plan. While experts say that is absolutely the

right thing to do, it's tough to come up with a sizable lump sum at any time of year, let alone after the holiday season. You may even find you have to take out a bank loan to meet your maximum allowance.

Financial-planning ex-

perts caution that leaving your RRSP contribution to the last minute also means you have lost out on all that tax-sheltered compounded growth you could have benefited from through the year.

"Using a preauthorized contribution arrange-

NEWS CANADA

ment, or PAC, is simple, easy to do and delivers long-term benefits in terms of investment growth," says David Ablett, a financial-planning expert at Investors Group.

Ablett says that if you invest a lump sum once a year you are likely to end up with less money in the long run than if you were to divide the lump-sum investment into 12 portions and invest monthly. The main difference, he notes, is that the money you invest each month begins to compound and grow earlier than if you waited to invest it once a year.

As time passes, your income changes and your life changes. So your PAC should change too. Financial planners suggest that you reset your PAC annually. That way, you'll keep your RRSP contributions and other investing in line with inflation and personal wage increases.

Your investment plan and your PAC are elements in a total financial program tailored to help you achieve your goals. Your professional adviser can help you put together a complete package that is right for your life today and tomorrow. NEWS CANADA



► Even a small investment can generate wealth over the long term, thanks to the power of compound interest.

Make the snowball effect work for you

Kick a small ball of snow into motion from the top of a hill and by the time it gets to the bottom it will be noticeably larger. That's the snowball effect — and you may be able to get the same growth effect in your investments.

By making even a small investment and leaving it to grow, the income it generates is reinvested — or compounded — and over the longer term your small investment will grow exponentially, says Myron Knodel, a financial-planning expert with Investors Group.

"The key is to get your financial snowball rolling as soon as possible," Knodel says. "The sooner you invest, the longer your money will have to grow. And that usually means more wealth at the end of the road."

Here is a simple example of the power of compounding:

"The sooner you invest, the longer your money will have to grow. And that usually means more wealth at the end of the road."

MYRON KNODEL, INVESTORS GROUP

- You invest \$10,000 at 10 per cent, and in a year you have earned \$1,000 in interest.

- You add that to the original investment for a new total of \$11,000, and the next year that new total earns \$1,100 in interest at the same rate.

- If there was no immediate tax on the interest, you now have a total of \$12,100 invested at 10 per cent.

Knodel says a professional adviser can help you devise a plan to take advantage of the power of compounding.

NEWS CANADA



► Leaving your RRSP contribution to the last minute means you lose out on tax-sheltered compound interest. Financial planners recommend investing smaller amounts over the year.

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Online investing sites still user-unfriendly

INVESTING

TALBOT BOGGS
THE CANADIAN PRESS



Industry reports estimate that online investing is alive and thriving in

Canada, involving about \$200 billion in assets and with companies continuing to add new products and services to their sites.

However, recent studies of the Canadian online banking and brokerage industries indicate the customer online experience leaves a lot to be desired, in spite of efforts by firms

to improve the quantity and quality of their tools and resources.

Complaints about the sites centre on their lack of visual appeal, sophisticated design and support resources once customers enter the transactional areas.

"From year to year, the overall online experience remains the same at the

majority of firms as new industry products emerge and are introduced into current outdated sites," says Glenn Lacoste, president of Survivor, a firm that analyzes and ranks Canadian online services. "Companies continue to introduce new things but they are not changing the dynamics of the site to

make them more user-friendly.

"Adding functionality simply increases the size of the pile," Lacoste adds. "Re-designing the sites to improve access and use of information is a must."

But some online brokerages are making an effort to provide tools that help customers manage their portfolios. A recent survey by RBC found the majority of Canadian self-directed investors are using their online brokerage account for long-term investment such as saving for retirement or child's education. Only 11 per cent reported using their online accounts for short-term profit.

As well, the poll found that the more diversified a portfolio, the likelier investors are to say it has performed well. In spite of that, however, only 19 per cent of online investors believe their portfolios are well diversified.

"The greatest demand is for portfolio-management tools that help investors build and monitor their long-term investment

strategies," says Jason Storsley, president and CEO of RBC Direct Investing.

To that end, RBC has introduced tools that, among other things, help investors define their goals and evaluate their rate of return.

Last year, Canadian online brokerages added a number of improved features and products to their sites, such as security and privacy measures, expanded modelling tools to include equity and ETF portfolios and the introduction of practice accounts by RBC and Scotiabank that allow users to rehearse with play money before trading with the real thing.

"We hear so many things about the industry flying in terms of new functionality and features, but is it?" Lacoste asks. "We don't think so. The landscape is so competitive right now that any new feature a firm can offer is only a differentiator for a short period of time. Better designed sites should be the differentiators, along with price."

NEWS CANADA



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Work your connections

► Alumni are a valuable resource for MBA programs ► An alumni recommendation can go a long way

GEN HANDLEY
LIFE@METRONEWS.CA

Canadian universities are discovering that alumni can be a valuable, two-way window in establishing a strong MBA program.

"Interacting with alumni gives the potential candidate a good idea if the culture or the program is a

good fit or not," says Wendy Ma, assistant director of MBA programs at the University of British Columbia's Sauder School of Business.

Niki da Silva, director of MBA admissions and recruitment at the Richard Ivey School of Business at the University of Western Ontario says the same.

"It gives candidates so much more depth of the school and insight into the real experience of the program," da Silva explains.

And vice versa, alumni also provide insight to the university when determining if candidates are truly a good fit for the program.

"We listen to alumni referrals of candidates because they certainly know what it takes to be successful in the program," da Silva says.



► Fostering alumni networking is an important part of MBA programs.

At UBC, MBA graduates have similar influence.

"UBC alumni sometimes help out with the student recruitment process," Ma says. "We have a strong network of relationships here and we trust our alumni when they recommend potential applications."

Ma says that these rela-

tionships continue long after graduation and extend past the borders of the university.

"We see these connections establishing some very solid business contacts," she says. "These relationships go past different industries and even across international borders."

She believes it is this eclectic foundation of relationships that is the backbone of a good MBA program, harnessing diversity for a more valuable academic experience for the students.

"We have engineers who come to do an MBA, we have teachers who come to

do an MBA, we have lawyers who come to do an MBA, we have doctors who come to do an MBA," says Ma, who had a background in science when she did her MBA. "As a result, in the classroom, problems are analyzed with different lenses and different perspectives."

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Sarah Milton, Queen's MBA
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JOHN
TATTRIE
FOR METRO CANADA

Students who land an interview for a university's master of business administration program may think that means they're in, but experts say they've just reached a critical test.

Kerri Regan, manager of recruitment and admissions for the Queen's MBA program, says about 70 per cent of applicants get an interview, but only a small portion of those are

accepted. "Just because you've got an interview doesn't mean you're in the program," she cautions.

To ace the interview, treat it like a major job interview. Turn up in top business attire (even if it's a Skype video call), shake hands firmly and make eye contact. Focus on what you can do for them (and for future employers), not what they can do for you.

"Part of the admissions process is determining someone's employability,"

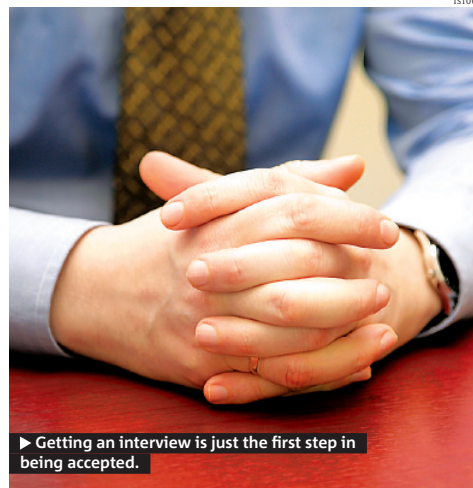
she explains.

Talk about your skills and the value you've extracted from your business experiences and how that can transfer to the classroom and boardroom beyond.

"If there are things about your application you would identify as red flags ... be prepared to address them," Regan says. "Candidates that have really stood out are the ones that have that level of self-awareness."

Scott Comber, director of Dalhousie University's Corporate Residency MBA, says the interviewers want concrete examples from your past that show why you're a good candidate.

"Give me three things you've done to develop yourself in the last year," he says as a sample question. "Tell me a time



▶ Getting an interview is just the first step in being accepted.

when you've really struggled academically."

They're not looking for excuses, but self-understanding. "We're actually looking for how they handled it, how emotionally intelligent they are," he says.

The reputation of an MBA program rests largely on how well its graduates do in the real world, so the admissions team must be convinced you will not only do well academically, but go on to thrive in business.

What is the biggest mistake people make when doing an MBA interview to get into the program?

▶ "There are two common mistakes. One is that applicants won't prepare for any typical questions they know we'll be asking in the interview. For example, when they're surprised by a question like, 'Tell me how your experiences are going to contribute to the cohort?' and they don't know how to answer this, it doesn't reflect well on them. The second common mistake is that sometimes people won't be themselves and aren't truthful in their answers — we can usually see that. If you don't know or would like to return to that question later, just say so because we're totally fine with that."

MELISSA MCCRAE, EXECUTIVE DIRECTOR OF GRADUATE PROGRAMS AT SIMON FRASER UNIVERSITY'S SEGAL GRADUATE SCHOOL OF BUSINESS.

Be ready

- ▶ Review your application and entrance essays before the interview.
- ▶ Rehearse multi-purpose examples from your work history.
- ▶ Ask a frank colleague for

your strengths and weaknesses.

- ▶ Be confident, open and honest with the interviewer.
- ▶ If facing a tough question, ask for time to gather your thoughts rather than blundering through.

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Graduate comments

What has your MBA done for you?



Larry Lee

SALES ENGINEER, TELUS,
SIMON FRASER UNIVERSITY
MANAGEMENT OF TECHNOLOGY
MBA 2010

"My job has a blend of business and technical background and the MBA program helped me fill some gaps I had on the business side — it really rounded me out. I definitely understand my customers and understand their business better. During the program I learned a lot of different business structures and models. When I see a client today, I can recognize these models and identify any business challenges they might have, turning that into an opportunity for me and my job."



Wahiba Chair

CEO OF PORTALIFE SOLUTIONS,
SIMON FRASER UNIVERSITY
MBA 2007

"The most important thing I got from my experience was that I was able to use the time efficiently to start from an idea and come up with a business plan to execute that idea. With the MBA, I definitely felt like I got some credibility, which is very important — especially as a woman in business. I got more confidence. I have a background in engineering so with my MBA, I feel I can talk the business language now."



Caleb Clark

CREATED SOCIAL MEDIA
DIVISION FOR MOVING PIXEL
PRODUCTIONS
SIMON FRASER UNIVERSITY
MBA 2010

"The biggest thing the MBA gave me was a set of tools to create my own business. It also connected me to a lot of great people who helped me get here. A great thing with the SFU MBA program was they did a really good job collecting people from different backgrounds — I got to draw from so many different areas of expertise and it really opened up my eyes."

An education in activity

► Vancouver-area post-secondary institutions may be places for quiet study, but they're also hives of activity, delving into every passion and problem that plagues you — from what makes a butterfly wing to preventing train wrecks ► Here's a smattering of what's happening at an institute of higher learning near you

KIM ZARZOUR
LIFE@METRONEWS.CA

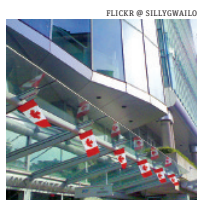
Fiesta feast

► Canadian Tourism College. With just \$100 and some Mexican flair, students of the Hospitality and Resort Management program at Vancouver's Canadian Tourism College were able to cook up a fiesta feast last month that raised \$520 — funds the students used to purchase two "schools in a box" to educate 160 children in a third-world country.



FLICKR @ VANCOUVERFILMSCHOOL

Vancouver Film School
• Vancouver Film School's Game Design program hosted the fifth annual Game Design Expo Gamers, a two-day celebration of games and the people who make them, on Jan. 22 and 23. More than 500 professionals and aspiring game designers attended the sold-out event to hear the secrets of game gurus like Jaakko Iisalo and Matthew Wilson — the minds behind App Store's best-selling Angry Birds — and Cory Stockton of the World of Warcraft.

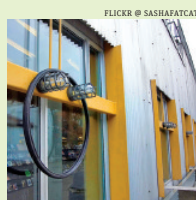


FLICKR @ SILLYWAILO

British Columbia Institute of Technology

• About 160 nine- to 14-year-olds gathered recently in the gymnasium of British Columbia Institute of Technology (BCIT) to play with Lego, but the focus was anything but child's play. The students were there to learn about biomedical engineering and to come up with innovative ways to use robotics to repair injuries, overcome genetic predispositions and maximize the body's potential.

• Students in BCIT's Automotive program got a close-up view of the future when Ford of Canada brought in a display of sustainable technologies — like a Ford Mustang with soy foam seatbacks and cushions, and straw-filled console and storage bins — to show how biomaterials are being used in current and future vehicles.



FLICKR @ SASHAFATCAT

Emily Carr University of Art and Design

• Your Sky Train commute may be a little more animated these days thanks to students at Emily Carr University of Art and Design. Emily Carr and Canada Line, Sky Train's newest line, have launched a project that will display work by third-year Experimental Animation students at video display terminals along the route. Each week until Feb. 17 will feature one new film clip every two minutes in each station.



FLICKR @ SASHAFATCAT

Langara College

• Langara College hopes to hatch a new Falcons logo with help from students and the community. The college has launched a contest to hunt down the best logo to represent the Falcons, one of the most successful collegiate sports teams in the country. The best design will be emblazoned on all team uniforms, apparel, merchandise, gear and promotional materials, and the winner will receive \$1,000 toward Langara tuition or an Apple iPad. Submissions are being accepted until March 1. For more information and contest guidelines, visit langara.bc.ca/falcons.

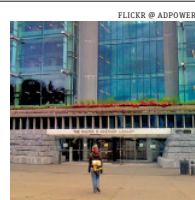


FLICKR @ SQUEAKYMARMOT

Simon Fraser University

• A group of students at Simon Fraser University (SFU) are not leaving the library this week so those in third-world countries may know what it's like to have a library. It's part of a national initiative called Live in for literacy, where students at 10 Canadian universities spend a week in tents living in their libraries. The goal is to raise \$27,000 to build six school libraries in India.

• An idea with its roots in butterfly wings is being used to create anti-counterfeiting features for banknotes with the help of researchers at SFU. The butterfly wing uses microscopic gratings composed of nanostructures that interact with light to produce its shimmering iridescence. Scientists at the university have discovered how to reproduce these structures.



FLICKR @ ADPOWERS

University of British Columbia

• Researchers at the University of British Columbia (UBC) and Vancouver Coastal Health Research Institute have found an important link between Down Syndrome and Alzheimer's disease. They hope this discovery provides a potential new target for drugs that could forestall dementia in people with either condition.

• Engineering students at UBC were hoping to forestall a different kind of problem — train derailments — at an event this past weekend. On Jan. 27, 125 second-year Mechanical Engineering students competed to see who could design a safer, faster freight train by pitting their designs — part freight train and part roller coaster — against one another on four interweaving tracks.



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The high cost of higher learning

► Not sure you'll have enough saved up for university? The new edition of *Personal Finance For Canadians For Dummies* has some advice

Whether you're about to begin a regular education investment plan or you've already started saving, your emotions may lead you astray. The hype about educational costs may scare you.

However, quality education for your child doesn't have to — and probably won't — cost you as much as those projections suggest. We explain the inner workings of the financial aid system, help you gauge how much money you'll need, and discuss educational investment options so that you can keep a cool head (and some money in your pocket) when all is said and done.

Strategizing to Pay for Educational Expenses

We don't have just one solution to paying for your kids' education, because how you help pay for your child's university costs depends on your own unique situation. However in most cases you may have to borrow some money, even if you have some available

cash that can be directed to pay the university bills as you receive them.

By concentrating on contributing to your RRSP or company pension plan and paying down your mortgage today, you'll have a number of options when your kids graduate from high school. If you've paid down some — or all

— of your mortgage, you can borrow against the paid-up value of your home, usually at or near the lowest interest rate.

You'll already have some strong momentum and compounding going on if you've been building up your retirement savings. You've also established a savings habit. When your kids get close to university age, you can divert your RRSP or other retirement plan contributions to help pay their education costs. When they graduate, you can easily resume your contributions.

You can even take advantage of the allowable RRSP contributions you missed out on because you're allowed to carry forward unused contributions

Setting goals

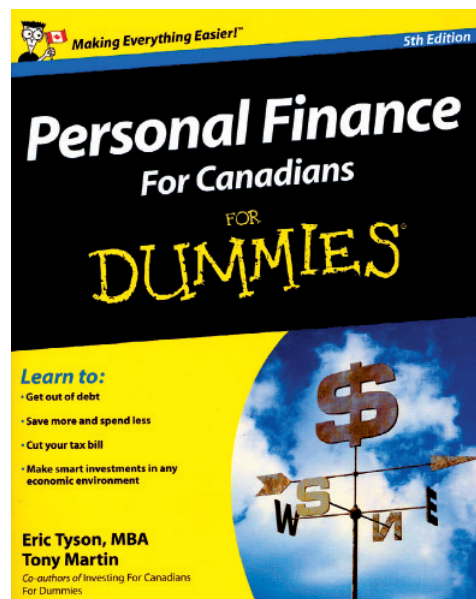
- Be realistic about what you can afford for university expenses given your other financial goals, especially saving for retirement. Being able to personally pay 100 per cent of the cost of a university education is a luxury of the very affluent. If you're not a high-income earner, consider trying to save enough to pay a third or, at most, half of the cost. You can make up the balance through loans, your child's employment before and during university, and the like.

indefinitely. (You'll find a summary on the income tax return assessment notice you receive every year.)

This will leave you in much better financial shape than if you had forgone contributions to your RRSP or company retirement savings plan when you were younger in order to start an educational savings program.

Further, when your kids are ready to go to university, you'll likely be in your peak earning years, so some extra funds will probably be available.

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How much will you need?

University or college can cost a lot. The total costs — including tuition, fees, books, supplies, room and board, and transportation — vary substantially from school to school.

The total average annual cost is running around \$8,000 to \$12,000 per year. The more expensive schools can cost up to one-third to half as much more. If you have younger children, you'll be interested to hear that some estimates put the cost of a four-year degree, including tuition and living costs, at close to \$100,000 or more by 2020. Ouch!

Is all this expense worth it? Although many critics of higher education claim that the cost shouldn't be rising faster than inflation and that costs can, and should, be contained, denying the value of going to university is hard. Whether you're considering a local community college, your nearby university, or a

high-end business school, investing in education is usually worth the effort and the cost. Unlike a car, which depreciates in value, an investment in education yields monetary, social, and intellectual profits. An investment in education (even if it means borrowing money) gives you more bang for your buck in the long run.

Universities and colleges are now subject to the same types of competition that companies confront. As a result, many schools are clamping down on rising costs. As with any other purchase, it pays to shop around. You can find good values — schools that offer competitive pricing and provide a quality education. Although you don't want your child to choose a university simply because it costs the least, you also shouldn't allow a university choice without any consideration or recognition of cost.

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New-citizen success

► StatsCan study shows childhood immigrants more academically success than Canadian-born counterparts

Childhood immigrants who arrived in Canada prior to their teens were more likely than their Canadian-born peers to hold a university degree by adulthood, Statistics Canada has found.

What's more, the difference increased successively from those who arrived in the 1960s to those who arrived in the 1980s.

The study released Tuesday used data from six Canadian censuses between 1971 and 2006.

Childhood immigrants are defined as those who were born abroad and immigrated to Canada at the age of 12 or younger.

The report found that among male childhood immigrants who arrived in the 1980s, nearly 32 per cent held a university degree by the age of 25 to 34, compared with just over 20 per cent of the Canadian-

born comparison group.

Male childhood immigrants who arrived in the 1960s had a university completion rate about six percentage points higher than their Canadian-born peers.

Statistics Canada said the pattern was similar among women. However, the share of women with a university degree increased faster than the share of men, for both childhood immigrants and the Canadian-born.

Childhood immigrants represented about 26 per cent of immigrants who arrived in Canada in the 1960s, 24 per cent in the 1970s and 21 per cent in the 1980s.

As for earnings, male childhood immigrants who arrived in the 1960s had weekly wages about two per cent lower than those who were Canadian-born with similar socio-demographic characteristics. This gap disappeared for the 1970s and 1980s cohorts.

Female childhood immigrants who arrived in the '60s and '70s had similar earnings to the Canadian-born comparison group, but the cohort in the '80s had higher earnings than the Canadian-born group.

The increasing gap in educational attainment between successive cohorts of

childhood immigrants relative to similarly aged Canadian-born counterparts was associated with the shift in the composition of source countries for immigrants,

said Statistics Canada. The composition has been shifting towards countries from which children of immigrant parents have traditionally had high education

levels.

Europeans had accounted for 71.4 per cent of the childhood immigrant cohort in the 1960s, 40.8 per cent '70s, and 28.6 per cent

in the '80s. In contrast, the share of childhood immigrants from Asia rose from 9.7 per cent to 42.2 per cent over the same time span.

THE CANADIAN PRESS



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Wednesday, Feb. 2, 10 a.m. – room 5025

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Wednesday, Feb. 2, 6 p.m. – room 2555

Dental Hygiene & Dental Hygiene Access for CDAs

Thursday, Feb. 3, 6 p.m. – room 501

Culinary Arts & Asian Culinary Arts

Friday, Feb. 4, 9:30 a.m. – room 305 B

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There's magic in a mentor

► The Canadian Youth Business Foundation is linking up young people with dreams and with those in the know

An opportunity is knocking in the business sector, one with the multiple benefits that come when, simultaneously, we invest in youth, inspire a brand new entrepreneur and indeed, inspire ourselves. Many business leaders are signing up to be a CYBF mentor.

The Canadian Youth Business Foundation is a national charity providing start-up financing, a world-class mentoring program, plus an online resource centre for enterprising individuals aged 18 to 34.

Young entrepreneurs are a major contributor to Canada's economy and their success is directly fueled by a mentoring relationship with business professionals.

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Are you in?

► If you would like to help someone else realize his or her dream, take a look at the Mentor Video on the homepage of cybf.ca.

► Many questions can be answered on this website including how to register and how to get started, or call 866-870-CYBF (2923).

tures — and it is your workplace experiences, including the lessons you've learned, that could make all the difference in the success of a young person's life.

Mentor benefits

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► Passionate mentees can help to instill a sense of ambition in their experienced advisors.

perienced Canadian professionals with strong business acumen.

Mentor qualities include good communication skills and the ability

to listen and advise as necessary.

While most of the young entrepreneurs approach the foundation for the start-up financing, they often report that having a hand-matched mentor was the most unanticipated value they received.

Others come to the Foundation primarily to benefit from the mentoring program.

In return, mentors receive value, too. Testimonials posted on the website include the personally rewarding benefits that come with

directly helping to shape Canada's future, giving back to the community, and capitalizing on brand new ideas that arise together.

The program also gives you an opportunity to build and develop effective mentoring skills within internationally recognized standards and gives public recognition for time and participation.

Mentors tell the foundation "this type of support in many cases is the difference between success and failure."

NEWS CANADA

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► Speakers, seminars, soirees and shows to dominate British Columbia's academic landscape this February

Arbutus College

Wednesday, Feb. 23, 10 am to 11 am. Immigration guest speaker Ray Leblanc, Officer of Citizenship and Immigration: Topics include Canada post-graduate work permits and immigration visas, question and answer session. Location: Harbour Centre, 5th Floor Spencer Building.

Capilano University

Tuesday, Feb. 8, 7 pm to 8:45 pm. Can Documentary Film Save the World? A presentation by Michelle Mason, part of Capilano Universe, a new collaborative project between the university and the North Vancouver District Public Library. 675 Banff Court.

Douglas College

Feb. 4, 7 pm to 8 pm. Bernard Crespi, a professor of biological sciences from Simon Fraser University, will present his groundbreaking new theory on psychiatric disorders in a free lecture. Location: Laura C. Muir Performing Arts Theatre at Douglas College.

Emily Carr University of Art and Design

Saturday, Feb. 12, 7 pm to 9 pm. Proceeds from the evening of guest speakers and raffle prizes will go towards a scholarship to fund an animation student to attend the 2011 Ottawa International Animation Festival. Location: Emily Carr Lecture Theatre.

Farleigh Dickinson University

Feb. 16, 4 pm to 6 pm. Education Fever and Dynamic Politics in Korea. A presentation by the Honourable Choi Yeon Ho, Consul General of the Republic of Korea, part of the monthly Diplomatic Circle series of presentations. Location: Room 130, 842 Cambie St.

University of Fraser Valley

Feb. 3 to 6, The Girl in the Goldfish Bowl, a quirky, award-winning comedy by Canadian playwright Morris Panych. For information and reservations call: 604-795-2814 or email theatre@ufv.ca.

Tue, Feb. 8 - The Power of a Dream - Peter Legge, internationally acclaimed professional speaker, best-selling author, and chair and CEO of the largest, independently owned magazine publishing company in Western Canada: Canada Wide Media Limited. For additional information on the speaker visit www.peterlegge.com. For event details email betsy.terpsma@ufv.ca or call 604 854-4503.

Langara College

Jan. 27 to Feb. 20, 8 pm Tuesday to Saturday (matinees 3 pm Saturday and Sunday). The Comedy of Errors, a raucous comedy of mistaken identity - one of Shakespeare's all time favourites. Location: Studio 58, Langara College, 100 West 49th Avenue. Tickets: \$17 to \$22.

Simon Fraser University

Feb. 3, 7 p.m. A discussion based on The Quest for Meaning: Developing a Philosophy for Pluralism. Tariq Ramadan will kick off the school's spring lecture series exploring pressing issues affecting contemporary Islam and the West. Location: SFU's Morris J. Wosk Centre for Dialogic.

Trinity Western University

Feb. 1 to 5, 8 pm, Saturday matinee 2 pm. New Generations, SAMC Theatre's annual emerging artist festival, five student-directed plays presented back-to-back. For more information and tickets, visit twu.ca/theatre or email theatre@twu.ca.

University of British Columbia

Feb. 21, 7 p.m. Seizing the Opportunity of an Aging Population Senator Sharon Carstairs, chair of Canada's Special Senate Committee on Aging, discusses the complex challenges of an aging population. Location: Rotary Centre for the Arts, 421 Cawston Ave., Kelowna.

Kwantlen Polytechnic University

Feb. 4, 7:30 pm Orchestra in Residence concert featuring Winter from the Four Seasons-Vivaldi, Frozen in Time and Cinderella on Ice -Michael Conway Baker and Symphony #40 - Mozart Soloist: Calvin Dyck. Visit kwantlen.bc.ca.

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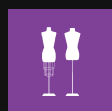


Photograph by Deddeda Stemler

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4
sports

Canucks preview

Canucks at Stars
5:30 p.m.
TV: Sportsnet
Radio: AM 1040



The Canucks (31-10-9) are sitting pretty heading into the stretch. Vancouver tops the Western Conference with 71 points, five ahead of the Detroit Red Wings and a staggering 15 points clear of the Colorado Avalanche in their division.



The Stars (30-15-5) had one of their best Januaries in franchise history (8-2-1), but are likely still stinging from a 7-1 loss to the Canucks just before the all-star break. The Canucks have won the last four meetings in the matchup.

THE CANADIAN PRESS

A roller-coaster ride to Vancouver

► Week he was picked up by Caps was a busy one for Atiba Harris

A lot of things changed in the life of Vancouver Whitecaps forward-midfielder Atiba Harris in a very short period of time.

The likable Harris became a father for the first time, lost in the Major League Soccer championship game, then became part of new team in a different country, all in a span of six days.

Through it all, Harris rode an emotional roller-coaster from joy to dejection and confusion. Typically he came out smiling.

"I'm excited for the new challenge," said the native of Basseterre, the capital of Saint Kitts and Nevis in the West Indies. "At the same time it was a bit bitter-sweet."

The Whitecaps plucked Harris from FC Dallas in the MLS soccer draft back in November. That ended a whirlwind week.

On the Friday before the expansion draft, his wife needed an emergency caesarean section in Los Angeles to give birth to the couple's daughter. At the time, Harris was in Toronto where Dallas was preparing to play the Colorado Rapids in the MLS championship.

Dallas lost the final 2-1 in extra time. The winning goal came on a deflection off a Dallas defender.

Harris then returned to Los Angeles to be with his wife and new daughter. He was at the hospital when a Dallas teammate called him.



"It's an amazing city. I like the diversity here. I think my family is going to have a great time in this city."

ATIBA HARRIS

"He said, 'Dude, are you listening? You got picked up,'" Harris said.

"At that point I didn't have any emotions. I was just focused on my wife and daughter, hoping they would be healthy. After it kind of sunk in."

The Whitecaps dealt away half of the 10 players they took in the expansion draft. Harris is one of those they decided to keep.

At six foot three and 185 pounds, Harris brings size and speed to the Whitecaps. Coach Teitur Thordarson also thinks the 26-year-old has the potential to become the goal scorer the Whitecaps need.

Harris has 15 goals in five MLS seasons with three teams.

"He's physically strong," said Thordarson. "He's a big lad that's willing to work. That's something that pleases me."

"He has a lot of good qualities to be a striker and become a very good striker."

THE CANADIAN PRESS



► Atiba Harris plays for FC Dallas last season.

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WESTJET

*Book by February 8, 2011 (11:59 p.m. MST) for travel on select days until March 10, 2011. For Phoenix fares travel on Wednesdays and Saturdays. For Los Angeles fares travel on Mondays, Tuesdays, Wednesdays and Thursdays. Fares on other days may be higher. Taxes, fees and surcharges are extra where applicable. Fuel surcharge still applies to Air Miles™ redemption bookings. Seats at these fares are limited and may not be available on all flights. New bookings only. 100% non-refundable. Offer combinable with other fares. Flights may not operate on certain days. All fares shown are one way. See westjet.com for details.

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	50	33	12	2	3	174	130	71	16-7-0-2	17-5-2-1	8-2-0-0	W2
d-Tampa Bay	51	31	15	3	2	154	154	67	16-4-1-1	15-11-2-1	7-3-0-0	W5
d-Boston	50	28	15	2	5	152	112	63	13-9-1-2	15-6-1-3	7-3-0-0	W1
Pittsburgh	50	31	15	2	2	154	114	66	17-9-1-0	14-6-1-2	6-3-0-1	W2
Washington	51	27	15	5	4	140	129	63	16-5-2-4	11-10-3-0	4-3-2-1	L2
NY Rangers	52	29	20	2	1	148	126	61	12-11-1-1	17-9-1-0	5-5-0-0	L1
Montreal	50	27	18	4	1	130	123	59	16-6-3-1	11-12-1-0	6-2-1-1	L2
Atlanta	52	24	19	3	6	152	166	57	12-9-1-4	12-10-2-2	3-4-1-2	W1
Carolina	50	25	19	2	4	153	155	56	13-8-1-1	12-11-1-3	6-4-0-0	W2
Buffalo	49	23	21	5	0	137	144	51	11-12-1-0	12-9-4-0	7-3-0-0	W2
Florida	49	22	22	2	3	131	131	49	11-8-3-2	11-14-0-0	4-3-1-2	L1
Toronto	49	19	25	2	3	124	153	43	10-11-2-2	9-14-0-1	4-5-0-1	L3
Ottawa	50	17	25	5	3	108	160	42	9-14-2-2	8-11-3-1	1-6-1-2	L6
NY Islanders	49	15	27	3	4	119	162	37	8-12-1-1	7-15-2-1	2-7-0-1	L3
New Jersey	49	16	30	2	1	101	144	35	9-13-1-1	7-17-0-1	6-3-1-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	50	31	10	4	5	165	121	71	14-7-1-1	14-7-3-1	4-2-1-3	W2
d-Detroit	49	30	13	4	2	166	143	66	15-6-3-1	15-7-1-1	6-3-0-1	W1
d-Dallas	50	30	15	1	4	147	137	65	16-6-1-3	14-9-0-1	7-2-0-1	W1
Nashville	50	27	17	4	2	134	119	60	11-4-3-2	16-13-1-0	6-4-0-0	L2
Anaheim	52	28	20	2	2	140	146	60	17-7-0-1	11-13-2-1	7-3-0-0	W2
Phoenix	51	25	17	6	3	149	145	59	10-9-3-2	15-8-3-1	6-4-0-0	W1
Chicago	50	26	20	2	2	157	139	56	16-13-0-0	10-7-2-2	6-3-0-1	L2
Colorado	50	19	25	6	0	161	165	46	14-11-3-0	11-8-3-0	4-5-1-0	L1
San Jose	50	25	19	4	2	139	138	54	12-10-2-1	13-9-2-1	4-5-0-1	L1
Minnesota	49	25	19	1	4	130	134	55	11-11-0-2	14-8-1-2	6-4-0-0	W1
Los Angeles	50	27	22	1	0	143	124	55	17-9-1-0	10-13-0-0	5-5-0-0	W3
Calgary	51	24	21	2	4	144	152	54	14-9-0-1	10-12-2-2	6-1-1-2	W4
Columbus	49	23	21	3	2	130	152	51	12-11-0-1	11-10-3-1	3-5-1-1	L1
St. Louis	49	22	20	3	4	130	146	51	15-8-1-2	7-12-2-2	2-7-1-0	L4
Edmonton	49	15	26	1	7	122	168	38	7-13-1-3	8-13-1-3	2-7-0-1	L1

d = division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Tonight's games	Tomorrow's games
Florida at Toronto, 7 p.m.	Vancouver at Dallas, 8:30 p.m.
Ottawa at New Jersey, 7 p.m.	Phoenix at San Jose, 10 p.m.
Pittsburgh at N.Y. Rangers, 7 p.m.	Wednesday, Feb. 2
Montreal at Washington, 7 p.m.	Detroit at Ottawa, 7 p.m.
Boston at Carolina, 7 p.m.	N.Y. Islanders at Pittsburgh, 7 p.m.
N.Y. Islanders at Atlanta, 7 p.m.	Florida at Montreal, 7:30 p.m.
Chicago at Columbus, 7 p.m.	Vancouver at Phoenix, 9 p.m.
Philadelphia at Tampa Bay, 7:30 p.m.	Los Angeles at Edmonton, 9:30 p.m.
Colorado at St. Louis, 8 p.m.	San Jose at Anaheim, 10 p.m.
Calgary at Nashville, 8 p.m.	Mediaviewer Wire Source: NS
Los Angeles at Minnesota, 8 p.m.	

SCORING LEADERS

	G	A	PT
Stamkos, TB	38	29	67
Crosby, Pgh	32	34	66
D.Sedin, Vcr	27	27	64
H.Sedin, Vcr	11	50	61
St. Louis, TB	20	40	60
B.Richards, Det	20	37	57
Zetterberg, Del	16	37	53
E.Staal, Car	25	27	52
Perry, Ana	25	26	51
Ovechkin, Wash	19	32	51
Eriksson, Dal	17	32	49
Kopitar, LA	16	33	49
Kesler, Vcr	27	20	47
Iginla, Cal	22	25	47
Giroux, Pha	19	28	47
M.Richards, Pha	17	30	47
Sharp, Chi	26	20	46
Backstrom, Wash	12	34	46
Ribeiro, Dal	10	36	46
Briere, Pha	26	19	45
Duchene, Col	20	25	45
Selmane, Ana	15	30	45
J.Carter, Pha	23	21	44
Havlat, Minn	14	30	44
J.Thornton, SJ	13	31	44
Yandle, Pgh	8	36	44
Nash, Cb	23	20	43
Heatley, SJ	18	25	43
P.Stastny, Col	17	26	43
M.Kolvi, Minn	14	29	43
Visnovsky, Ana	8	35	43
Hejduk, Col	15	27	42
Lidstrom, Det	11	31	42
Vaneck, Buf	18	23	41
Boyle, Atl	16	25	41
Enstrom, Atl	8	33	41
Letang, Pgh	7	34	41
Skinner, Car	18	22	40
Toews, Chi	17	23	40

NHL ALL-STAR MVPs

(NOT AWARDED BEFORE 1962)

(X-GOALTENDER)

2011 - Patrick Sharp, Chicago

2010 - Game Not Held (Olympics)

2009 - Alex Kovalev, Montreal

2008 - Eric Staal, Carolina

2007 - Daniel Briere, Buffalo

2006 - Game Not Held (Olympics)

2005 - Game Not Held (lockout)

2004 - Joe Sakic, Colorado

2003 - Danny Heatley, Atlanta

2002 - Eric Daze, Chicago

2001 - Bill Guerin, Boston

AHL

EASTERN CONFERENCE

	GP	W	L	OTL	SOL	GF	GA	Pt
Manchester	50	30	16	1	3	161	137	64
Portland	48	29	14	4	1	166	143	63
Worcester	48	22	18	2	6	126	145	52
Connecticut	49	22	20	2	5	133	135	51
Providence	47	22	21	3	1	118	146	48
Springfield	48	22	22	1	3	145	156	48
Bridgeport	48	19	23	3	3	133	154	44

EAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
W-B/Scranton	48	36	12	0	0	163	117	72
Hershey	46	29	14	1	2	156	107	61
Norfolk	48	24	14	7	3	164	134	58
Charlotte	49	26	18	1	4	168	156	57
Binghamton	49	24	20	2	3	156	157	53
Albany	46	18	25	0	3	118	164	39
Syracuse	48	16	26	2	4	114	159	38
Adirondack	49	15	29	2	3	113	171	35

WESTERN CONFERENCE

	GP	W	L	OTL	SOL	GF	GA	Pt
Hamilton	47	27	15	1	4	140	112	59
Manitoba	46	26	14	1	5	134	112	58
Lake Erie	52	24	21	3	4	135	139	55
Toronto	50	23	20	0	7	144	145	53
Abbotsford	49	22	20	2	5	111	137	51
Grand Rapids	49	22	21	1	5	137	151	50
Rochester	49	21	23	3	3	136	159	47

WEST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Milwaukee	47	26	13	2	6	128	116	60
San Antonio	49	29	18	2	0	157	139	60
Houston	51	28	19	1	3	135	137	60
Peoria	48	28	17	2	1	132	122	59
Oklahoma City	56	27	17	2	5	165	145	59
Texas	47	26	15	3	3	132	124	58
Chicago	52	25	22	2	3	165	172	55
Rockford	45	19	20	2	4	116	132	44

Note: Two points awarded for a win, one for an overtime or shootout loss.

ALL-STAR WEEKEND

Last night's result	Monday Results
All-Star Game	Sixth Draw
East 11 West 8	At North Hill C.C.
Sunday's result	New Brunswick 6 Ontario 3
At Hershey, Pa.	Northern Ontario 8 P.E.I. 6
Skills Competition	Northwest Territories 11 B.C. 4
East 19 West 7	At Glenora C.C.
Thursday's games	Newfoundland & Labrador 7 Quebec 3
Norfolk at Charlotte, 7 p.m.	Nova Scotia 8 Manitoba 7 (extra end)
Peoria at Oklahoma City, 8:05 p.m.	Yukon 10 Alberta 1

LACROSSE

NLL

	GP	W	L	Pct.	GF	GA	GB
Toronto	5	4	1	80.0	62	50	—
Buffalo	5	3	2	60.0	46	45	1
Philadelphia	4	2	2	50.0	38	38	1 1/2
Rochester	4	2	2	50.0	38	48	1 1/2
Boston	6	3	3	50.0	55	46	1 1/2

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Minnesota	4	3	1	75.0	46	37	—
Calgary	6	4	2	66.7	71	69	—
Washington	5	2	3	40.0	59	64	1 1/2
Colorado	4	1	3	25.0	39	41	2
Edmonton	5	0	5	0.00	44	59	3 1/2

WEEK FIVE

Friday, Feb. 4

Minnesota at Buffalo, 7:30 p.m.

Saturday, Feb. 5

Philadelphia at Rochester, 2 p.m.

Toronto at Boston, 7:30 p.m.

Washington at Colorado, 9 p.m.

GOLF

WORLD RANKING

Through Jan. 30		
1. Lee Westwood	Eng	8.75
2. Martin Kaymer	Ger	8.14
3. Tiger Woods	USA	6.97
4. Phil Mickelson	USA	6.49
5. Graeme McDowell	NIR	6.46
6. Paul Casey	Eng	6.38
7. Steve Stricker	USA	6.03
8. Rory McIlroy	NIR	5.94
9. Jim Furyk	USA	5.53
10. Luke Donald	Eng	5.44
11. Ernie Els	SAF	5.23
12. Ian Poulter	Eng	5.08
13. Matt Kuchar	USA	4.86
14. Dustin Johnson	USA	4.69
15. Retief Goosen	SAF	4.50
16. Robert Karlsson	SWE	4.43
17. Francesco Molinari	ITA	4.42
18. Bubba Watson	USA	4.14
19. Louis Oosthuizen	SAF	4.00
20. Edoardo Molinari	ITA	3.86
21. Hunter Mahan	USA	3.82
22. Tim Clark	SAF	3.79
23. Miguel A. Jimenez	ESP	3.78
24. Charl Schwartzel	SAF	3.66
25. Adam Scott	AUS	3.41
26. Robert Allenby	AUS	3.40
27. Geoff Ogilvy	AUS	3.40
28. Zach Johnson	USA	3.36
29. Anthony Kim	USA	3.33
30. Rickie Fowler	USA	3.31
31. Justin Rose	ENG	3.29
32. Padraig Harrington	IRL	3.26
33. Kim Kyung-Tae	KOR	3.26
34. Peter Hanson	SWE	3.19
Also		
139. Stephen Ames	Can	1.11
196. Mike Weir	Can	0.83
206. Grahamelaeta	Can	0.81

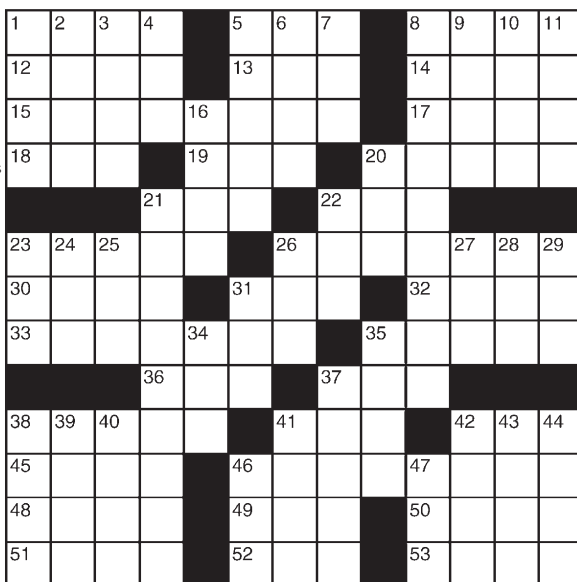
Crossword

Across

1 Uncomplicated
5 Spring mo.
8 Malay prince
12 Albacore, e.g.
13 Tall tale
14 Unendingly
15 Made into a ball, as paper
17 Appear
18 Crone
19 Succor
20 Dwight's predecessor
21 Sermon subject
22 Kipling lad
23 Become established
26 Having dents, as a golf ball
30 Mosque VIP
31 Enjoyment
32 Turner of Hollywood
33 In need of ironing
35 Rushmore figure
36 Depressed
37 Foundation
38 Paint ingredient
41 Raw rock
42 Fuss
45 Settled down
46 Trod on
48 Director Premiering
49 Pale
50 Scandinavian city
51 Any day now
52 Antiquated
53 Active one

Down

1 Engrave
2 Atmosphere
3 Like a bug in a rug
4 Sweet potato

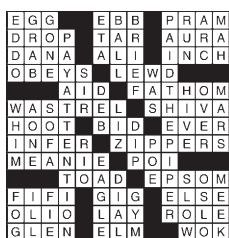


5 Exhausted
6 The — Piper
7 Scarlet
8 Tasted again
9 State with certainty
10 Razz
11 Group of soldiers
16 Analgesic's target
20 That guy
21 Fool
22 Family
23 Round Table address
24 Ostrich's cousin
25 Highlander's hat
26 Flop

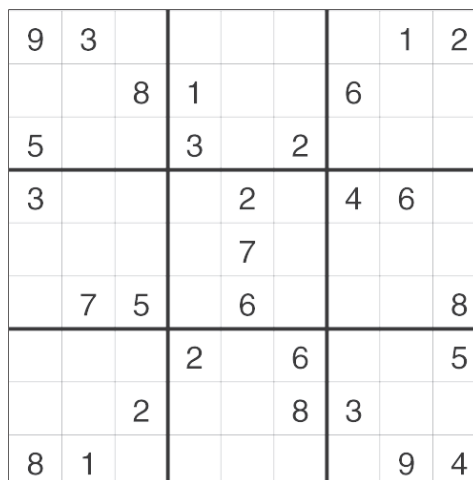
27 Young fellow
28 Conclusion
29 24 hours
31 Not many
34 Bagel topping
35 Abound
37 Stigmatize
38 Neighbor of Cambodia
39 Choir member
40 Puente of mambo music
41 Exam format
42 As well
43 Drop a letter?
44 Smell

46 Pair
47 Pea holder

Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

1	9	3	8	5	4	6	7	2
8	2	7	3	6	1	4	5	9
4	6	5	9	2	7	1	8	3
2	7	4	6	1	3	5	9	8
3	1	6	5	8	9	2	4	7
9	5	8	4	7	2	3	6	1
5	4	9	2	3	8	7	1	6
7	8	2	1	4	6	9	3	5
6	3	1	7	9	5	8	2	4

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Dear JE, I can't believe my dream came true and that we're finally together. I've been waiting for this day since the first time we met. I'll never forget that day and can't wait to spend the rest of our lives together. I love you... SARAH BELLUM

Happy Birthday J.C. I hope you have a birthday as amazing as you are. You truthfully complete me. Can't wait to see you! UR SNUGGLE BUNNY XXXXXX'S <3

Coral, we are so proud of you.. You're an amazing mommy. Thank you for mahama.. LOVE MOM AND MARK

Natalee, Have I told you today how much I love you? SCOTT

Babuuu, wanted to thank you for always being so understanding and supportive of everything I do. TIMI TAM

Today's horoscope

♈ Aries March 21-April 20 You may be desperate to show what you can do, but don't be so reckless that you do something silly and make a fool of yourself. Please, stick to what you know best.

♉ Taurus April 21-May 21 Raise your sights high and believe that you can create something meaningful. Others may try to persuade you to use your talents to make serious money, but it's the sense of achievement that drives you.

♊ Gemini May 22-June 21 You don't need to alter anything — your life is perfect just as it is. Why tamper with methods and routines that have done well for you in the past? Why interfere with what works?

♋ Cancer June 22-July 22 Your instincts may not be as reliable as they usually are today, so think twice before making changes. You can, however, rely on friends and relatives to give you good advice.

♌ Leo July 23-Aug. 23 Someone you work with will fall out of favour today, but don't feel too sorry for him or her because if your roles were to be reversed her or she would not care about you.

♍ Virgo Aug. 24-Sept. 22 Push your luck a bit today. By all means, believe that great things are possible. Friends, colleagues and even your boss will be jealous of your popularity. They will be more jealous that you're so modest about it.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ Libra Sept. 23-Oct. 23 You must not agree to do anything that goes against your principles. You may not think much of it, but you won't be able to live with yourself when you see the consequences.

♏ Scorpio Oct. 24-Nov. 22 No one in his or her right mind would get in the way of a Scorpio in a hurry, but a friend will do everything to block your path today. Maybe it's because he or she fears for your safety.

♐ Sagittarius Nov. 23-Dec. 21 People may want to make you feel bad by pointing out your failures, but no one is perfect. The fact that you got something wrong is evidence that you took a chance and made an effort.

♑ Capricorn Dec. 22-Jan. 20 You can expect some kind of windfall over the next few days, but it may not be of a purely financial nature. You will be as lucky in love.

♒ Aquarius Jan. 21-Feb. 18 The more you want to do things one way, the more friends and relatives want to do things another way. Just this once, let them win. You won't lose by allowing them to call the shots for a change.

♓ Pisces Feb. 19-March 20 You may be tempted to get angry with someone who has let you down but what's the point? If you think about it for a moment, you will realize you didn't lose anything of value. Let it go. SALLY BROMPTON

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Deals of the week

CARIBBEAN & MEXICO | AIR, HOTEL & TRANSFERS • 1 WEEK

CUBA | Varadero

Allegro Varadero (★★★★)

All-Inclusive • Superior rm. • Feb. 4

\$679

+Taxes & other fees: \$149

CUBA | Varadero

Sirenis La Salina Varadero Beach Resort (★★★★★)

All-Inclusive • Standard rm. • Feb. 18 - Mar. 11

\$1199

+Taxes & other fees: \$149

DOMINICAN REPUBLIC | Punta Cana via Calgary

Occidental Grand Punta Cana (★★★★★)

All-Inclusive • Junior suite • Feb. 8 - 22

\$1099

+Taxes & other fees: \$170

DOMINICAN REPUBLIC | Punta Cana via Calgary

Gran Bahia Principe Punta Cana (★★★★★) **PRIVILEGES**

All-Inclusive • Junior suite • Feb. 8 - 22

\$1299

+Taxes & other fees: \$170

JAMAICA

Sunset Jamaica Grande Resort & Spa (★★★★★) **PRIVILEGES**

All-Inclusive • Exclusive renovated standard rm. • Feb. 18 & 25

\$999

+Taxes & other fees: \$92

JAMAICA

Grand Palladium Jamaica Resort & Spa (★★★★★)

All-Inclusive • Junior suite • Feb. 11, 18 & 25

\$1449

+Taxes & other fees: \$92

GRENADA via Toronto

Flamboyant Hotel & Villas (★★★★)

Standard rm. • Feb. 26 & Mar. 5

\$1469

+Taxes & other fees: \$181

MEXICO | Los Cabos

Wyndham Cabo San Lucas Resort (★★★★)

Deluxe rm. city view • Feb. 27

\$669

+Taxes & other fees: \$250

MEXICO | Puerto Vallarta/Riviera Nayarit

Hacienda Hotel, Spa & Beach Club (★★★★)

All-Inclusive • Standard rm. • Mar. 12 & 26

\$959

+Taxes & other fees: \$138

MEXICO | Cancun/Riviera Maya

Occidental Grand Xcaret (★★★★★)

All-Inclusive • Deluxe rm. • Apr. 9

\$969

+Taxes & other fees: \$240

MEXICO | Cancun/Riviera Maya

Gran Bahia Principe Tulum (★★★★★) **PRIVILEGES**

All-Inclusive • Standard rm. • Apr. 9

\$1249

+Taxes & other fees: \$240

MEXICO | Cancun/Riviera Maya

Gran Bahia Principe Coba (★★★★★) **PRIVILEGES**

All-Inclusive • Junior suite • Apr. 9

\$1279

+Taxes & other fees: \$240

MEXICO | Ixtapa/Zihuatanejo

Krystal Ixtapa (★★★★)

All-Inclusive • Deluxe rm. • Feb. 26

\$999

+Taxes & other fees: \$248

ANTIGUA via Toronto

St. James's Club and Villas (★★★★★) **PRIVILEGES**

All-Inclusive • Club rm. • Mar. 6 & 20

\$2029

+Taxes & other fees: \$197

MAJESTIC RESORTS | AIR, HOTEL & TRANSFERS

DOMINICAN REPUBLIC | Punta Cana via Calgary

Majestic Colonial Punta Cana (★★★★★)

All-Inclusive • Junior suite standard with Jacuzzi • Mar. 22 & 29 • 1 wk.

\$1639

+Taxes & other fees: \$170

DOMINICAN REPUBLIC | Punta Cana via Calgary

Majestic Elegance Punta Cana (★★★★★)

All-Inclusive • Junior suite with Jacuzzi • Feb. 24 - 28 • 1 wk.

\$1719

+Taxes & other fees: \$170



Majestic Colonial Punta Cana

USA | AIR & HOTEL • 3 NIGHTS

NEVADA | Las Vegas

Excalibur Hotel & Casino (★★★★)

Hotel rm. • Apr. 5

\$379

+Taxes & other fees: \$108

CALIFORNIA | San Francisco

Hotel Whitcomb (★★★★)

Double guest rm. • Mar. 1

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+Taxes & other fees: \$115

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- Breakfast daily



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Barkston Gardens (★★★★)

Standard rm.

Mar. 22 • 3 nts.

FRANCE | Paris

Hotel Cervantes Paris (★★★★)

Standard rm.

3 nts.

\$1189

+Taxes & other fees: \$382

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